

GULF DEFENDER



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Sept. 5, 2003

In brief

Air Force News

News and information from around the Air Force will air on the base cable network's Channel 12. Air times are 8 a.m., noon, 2 p.m. and 6 p.m. Tuesday and Thursday.

Current stories include 'A second look at the effects of deployment,' 'Preparing for weapons of mass destruction' and 'High-tech identification procedures at Scott Air Force Base, Ill.'

2003 Air Force Ball

The "Crossing Into A Blue Tie Affair" celebrates the Air Force's 56th birthday with a celebration at 6 p.m. Sept. 20 at the Edgewater Beach Resort.

Live music will be performed by "Reserve Generation," an Air Force Reserve band from Robins Air Force Base, Ga. Childcare will be available for an additional charge.

Attire for the evening is mess dress for all officers, and mess dress or semiformal dress for enlisted and formal wear for civilians. (Civilian wear is specified in commentary on Page 2.)

Representatives will be in the base exchange lobby from 11 a.m. - 1 p.m. and 3-5 p.m. Fridays for sign up. The cost of the event is \$25 per person.

For more information, contact your unit representative or Capt. Benita Arceneaux at 283-2739.

Inside

● Article 15s list ... **Page 4**

● A look at the safety office ... **Page 8**

● Officers club boasts new chef ... **Page 13**



Are you prepared?

Tech. Sgt. Bobby Wilkerson, 325th Civil Engineer Squadron readiness, assembles a hurricane evacuation kit. With storms churning in the Gulf of Mexico, Team Tyndall residents should have their emergency supplies ready for any contingency. A well-stocked emergency kit should include:

- | | |
|--|---|
| <input type="checkbox"/> Water | <input type="checkbox"/> Emergency debit or credit card |
| <input type="checkbox"/> Non-perishable food | <input type="checkbox"/> Books or small games |
| <input type="checkbox"/> Medicine | <input type="checkbox"/> Cell phone or phone cards |
| <input type="checkbox"/> Cash | <input type="checkbox"/> Baby diapers |
| <input type="checkbox"/> Radio | <input type="checkbox"/> Evacuation plan |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Important phone numbers |
| <input type="checkbox"/> Baby formula | <input type="checkbox"/> First-aid kit |
| <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Blankets and pillows |



Airman Sarah McDowell

Jumper talks uniforms, ops, tankers

AIRMAN CHRISTIE JURGENS
92nd Air Refueling Wing public affairs

FAIRCHILD AIR FORCE BASE, Wash. (AFPN) — Air Force Chief of Staff Gen. John Jumper talked to airmen here about upcoming changes in the Air Force during a visit to the base Aug. 22.

He shared his thoughts on the new fitness program, the new uniform, deployment issues and the acquisition of new tankers.

All of these changes were brought on by the transition to a more expeditionary Air Force, General Jumper said. The transition to a new fitness program gets back to the basics with a 1.5 mile run, push-ups and sit-ups.

"We can run, do push-ups and sit-ups anywhere; it's not practical to bring a bicycle with you on a de-

ployment," he said. "I don't think there's a person out there who actually likes the bike test. I know I don't."

General Jumper also talked about new physical training gear to be introduced in January.

"We are going to try to take advantage of some of the new moisture-control fabrics without having them cost too much," he said. "What we are trying to do is make them part of the kit (airmen) get when they come out of basic training, but when you go to replace them, I don't want you having to pay \$40 for a shirt."

Another major change in the fitness program will be to place responsibility on the chain of command to ensure physical standards are met.

"I want the squadrons to help each other take the ... test," General Jumper said.

Another change the Air Force is researching is a replacement for the current battle dress uniform.

"Anyone who wears the current uniform knows the first time you take it to the dry cleaners that will be the last time any air passes through it. And a lot of times we find ourselves out on ramps in 115-degree temperatures," he said.

Researchers are experimenting with the same materials the Marines use in their new uniforms.

"With the borrowing of the material, we also borrow the durability and wash-and-wear characteristics, which saves our people money," General Jumper said.

"Right now we are still in the test

stages," he said. "We are still playing with the different camouflage patterns."

Three hundred uniforms are being tested in hot and cold conditions, and the people doing the testing and suggesting the improvements are airmen doing their jobs out in the field, General Jumper said.

"All I ask is that you give (them) a try, and then decide if you like them or not," he said.

Both of these changes are designed to make deployments more comfortable for airmen and increase productivity, General Jumper said.

General Jumper said a return to the normal air and space expeditionary force cycles is in sight.

"We have two 120-day cycles that are planned right now," he said.

●SEE JUMPER PAGE 5

Training the best air superiority team for America

Heritage, tradition important part of Air Force

BRIG. GEN. LARRY NEW

325th Fighter Wing commander



I want to take a moment to talk about two important facets of our Air Force — tradition and heritage.

Tradition and heritage are what distinguish us from the other branches of our military and civilian communities. They define our culture and the foundation for where we are today and where we are headed in the future.

Our military institution is rich in both tradition and heritage, and while the Air Force is the youngest of our military services, it also has a distinct history, one definitely worth celebrating. However, many of our current practices, such as dining-ins and dining-outs, are traditions with roots that can be traced back through World War II when the Air Force was the Army Air Corps under the leadership of Gen. Henry “Hap” Arnold. Such formal occasions were created to allow military members to meet socially at a formal function, and they provided a means to build and sustain morale and esprit de corps that was vital to those serving.

Much like other military customs, our Air Force Ball, scheduled for Sept. 20 at the Edgewater Beach Resort, is an opportunity for Team Tyndall to come together as friends and warriors as we celebrate 56 years as a separate service. A major part of this celebration is the fact that from the beginning of our history we have been continually recognized as the world’s most powerful and respected air force. Also, it is a time to celebrate the future as the base prepares to usher in a new era in air dominance with the arrival of the F/A-22 and write a new chapter in Tyndall’s and the Air Force’s distinguished history.

The Air Force Ball is a formal event; therefore appropriate attire for the evening is required. Appropriate attire



“Much like other military customs, our Air Force Ball, scheduled for Sept. 20 at the Edgewater Beach Resort, is an opportunity for Team Tyndall to come together as friends and warriors as we celebrate 56 years as a separate service.”

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

for officers is mess dress and for enlisted is either mess dress or semi-formal service dress. Appropriate dress for civilian attendees is suit and tie for men and evening gown or cocktail dress for women. Cost for the event is \$25 per ticket, which includes a dinner choice of steak or chicken. Additionally, there will be a live band performing throughout the evening and Lt. Gen. John Hopper, Jr., Air Education and Training Command vice commander, will be the guest speaker.

I encourage everyone to attend, as this truly promises to be an evening to remember. Unfortunately, however, I realize that the cost of attending may be prohibitive for some of our junior enlisted members. To help ensure that everyone has the opportunity to participate, those impacted less by the cost of attending are encouraged to sponsor an airman by purchasing an additional ticket on his or her behalf. Such a contribution will certainly have a positive impact on those who might otherwise be unable to celebrate with us.

While I’m on the topic of heritage and tradition, I also want to talk briefly about the military club system and the importance of club membership. The military club system is another institution that holds tradition and heritage as a fundamental part of its existence. Morale, welfare and recreation programs have long been crucial to the overall well-being of our entire Air Force family. Early in our

history, airmen gathered at their respective clubs to relax, share stories and build friendships.

Today, the club system still provides that kind of atmosphere, but there are many more benefits of being a club member than just having a place to socialize. Our club system provides membership benefits that extend throughout the base such as providing discounts at most services facilities throughout the Air Force.

The 325th Services Squadron continues to strive to make our clubs better places by offering additional benefits and services — however, their existence depends on membership and participation. Being a club member is a great way to show support for the Air Force by keeping a vital part of our culture alive.

I highly encourage all Team Tyndall members to consider the wealth of benefits available through club membership. Making a contribution to the club system by becoming members will bring instant benefits to you, but also, the clubs will remain a part of Air Force life available to all airmen in the years to come. Additionally, club membership, and similarly the Air Force Ball, both serve as great opportunities to remain involved and plugged into the Air Force community. I hope each of you will consider becoming actively involved in these two opportunities or another venue that supports the Air Force community.

Have a great weekend and I’ll see all of you next week.

Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you’re not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Larry D. New

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

Q: I’m calling concerning the Air Education and Training Command policy regarding headlights being on during inclement weather. It has been storming off and on and we’ve seen very few people on base using any type of headlights. Can you reiterate the policy? There may be some people who don’t know about it or some reassigned to the base who are unaware.

A: Safety concerns are a top priority in the Air Force and for Team Tyndall. Therefore, we need to promote safety in our daily activities. AETC provides clear guidance requiring drivers to turn on headlights during inclement weather to include fog, rain or even smoke or when windshield wipers are used. Motorists must use headlights any time vision may be impaired or others may have difficulty seeing them. Florida law requires motorists to observe similar safety practices. The Air Force’s and Florida’s stringent safety standards help ensure the well-being of our people and area communities. We need every member of Team Tyndall to be safe and healthy, so please use caution and observe safety practices while operating a vehicle and with any other activities you undertake.

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chaser, user or patron.

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or emailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Prepare home front before the battlefield

LT. COL. ROBIN SQUELLATI
47th Medical Operations Squadron commander

(Editors note: Lt. Col. Robin Squellati wrote this editorial as she was preparing for deployment in July. She is currently deployed to Southwest Asia, where she is an expeditionary medical support hospital commander.)

LAUGHLIN AIR FORCE BASE, Texas (AETCNS) — “Wow, Mom, that’s great!” was my son’s reaction to hearing I would be deploying. He knows that as an Air Force member my job is to serve my country.

Air Force members are leaders through exercises and training, which prepare us for wartime missions. Our leadership roles should also prepare people who will be doing our jobs while we are deployed.

For 17 years, I prepared for deployment

but wasn’t afforded the opportunity until the operations tempo increased and there were more deployments available.

Deployments affect more people than the person being deployed. Here are eight tips that may help you prepare the home front before the battlefield.

— Know your job. Educate your replacement about your responsibilities. No one knows when they may be deployed, so this must be an ongoing process. Equip the person replacing you with the resources you rely upon, and let them know how to get more resources if necessary. Use Web sites, Air Force manuals, Air Force instructions, professional references and a networking base to help with answers to difficult issues.

— Keep your eye on the objective. Plan mental models of what you would like to

achieve. Then record the plan to follow. Those replacing you may not understand your goals. With a clear plan and good communication, the objective will be visible. Devise a tracking tool to show progress. For instance, I am responsible for ensuring that routine access standards are met. In the past few months we have improved 87-94 percent. Our patients are now better able to obtain a medical appointment when they need to be seen.

— Mentor and communicate. I put these together because so much of mentoring is spending time communicating. There must be daily face-to-face discussions, e-mails and phone calls. If the person is to carry on your work when you deploy, then that person must understand the requirements from your vantage point. Mentoring also involves being a role

model or coach. Integrity, caring, timeliness, responsiveness and attitude are examples of traits that are more “caught” than taught.

— Promote inquiry and dialogue. Successful organizations encourage members to ask questions. Clear answers help each of us understand our roles. Questions can also cause us to evaluate and improve our processes.

— Build teams. Communicate with the members of your team. In family practice, the staff is divided into two teams. The teams “huddle” to formulate methods to overcome problems. All members may not even be aware of a problem until they hear about it at the team huddle. The huddle provides time to communicate a roadblock and then to resolve the issue through a team approach.

— Motivate your replacement. If they are going to do their job plus your job, then they will need mega doses of motivation. While you are gone, they must assume ownership. It will help to present your job in a positive light. Realizing the importance of carrying on your goals, knowing who to contact for help and lots of positive reinforcement can help.

— Remember there is no best leadership style. Your replacement will not be you. Focus on the objectives. Remind other staff members that each person is an individual with unique attributes.

— Successful leaders are highly visible. Interacting with the members of the unit is important to understanding how the mission is being accomplished. During this time, you can offer your help.

The more prepared your replacement is to do your job, the more objectives will be achieved. Deployments can come when you least expect them. The time to mentor is now.

Re-enlistments

The following individuals re-enlisted during August:

Senior Airman Matthew Barcus, 325th Aircraft Maintenance Squadron

Master Sgt. Daniel Blood, 325th Maintenance Group

Chief Master Sgt. Kathy Boyd, 1st Air Force

Master Sgt. David Brett, 325th Mission Support Squadron

Staff Sgt. Adalberto Coronado, 325th MDOS

Senior Airman Gina Courture, 325th Aeromedical-Dental Squadron

Staff Sgt. Robert Diddle, 325th Communications Squadron

Senior Airman Kevin Ferreira, 325th MXS

Staff Sgt. Edward Flanders, 325th Services Squadron

Staff Sgt. Joseph Forro, Det. 1, 823rd REDHORSE Squadron

Master Sgt. Brett Galeener, 325th Civil Engineer Squadron

Senior Airman Nicholas Goettsche, 81st TSS

Tech. Sgt. Alton Hester, 325th AMXS

Tech. Sgt. Wade Koehler, 325th AMXS

Staff Sgt. Timothy Krisko, 325th AMXS

Staff Sgt. Darrell Lee, 325th Operations Support Squadron

Senior Airman Jerry Lopez, 325th CS

Master Sgt. Mark Massey, 325th MXS

Tech. Sgt. Sherrie Matthews, 325th Operations Group

Staff Sgt. Gary Melillo, 325th Security Forces Squadron

Staff Sgt. David Newman, 325th AMXS

Tech. Sgt. Patrick O’Brien, 325th Air Control Squadron

Master Sgt. Michael Parker, 325th ACS

Master Sgt. Karim Pasha, 325th ACS

Master Sgt. James Pfeiffer, 325th AMXS

Master Sgt. Froilan Price, NCO Academy

Senior Airman Matthew Quinn, 325th SFS

Staff Sgt. Andrea Rex, 325th MDOS

Senior Airman Nekisha Roache, 325th OSS

Staff Sgt. Christopher Romano, 325th SFS

Tech. Sgt. Robert Rowland, 325th AMXS

Staff Sgt. Kenon Rusnak, 325th CS

Tech. Sgt. Jaime Santiago, 325th MOS

Master Sgt. Douglas Smith, 325th AMXS

Tech. Sgt. Miguel Soto, 82nd Aerial Targets Squadron

Master Sgt. Moody Summerell, 325th AMXS

Staff Sgt. James Tadlock, 325th CES

Tech. Sgt. Don Tennyson, 325th AMXS

Staff Sgt. Peter Vandamme, 325th SFS

Tech. Sgt. Michael Veno, 325th AMXS

Tech. Sgt. Steven Vinsh, 325th AMXS

Tech. Sgt. David Wade, 372nd Training Squadron, Det. 4

Tech. Sgt. Wayne Williams, 325th AMXS

ARTICLE 15s

The following adverse actions took place at Tyndall in August.

Article-15s:

An airman first class from the 325th Maintenance Operations Squadron received a reduction to airman for wrongful use of marijuana.

An airman first class from the 325th Maintenance Squadron received a suspended reduction to airman, forfeiture of \$50 per month for two months, 30 days extra duty and a reprimand for dereliction of duty (underage drinking).

An airman from the 325th Security Forces Squadron received a suspended reduction to airman basic, 14 days extra duty and a reprimand for one day of being absent without leave.

A senior airman from the 1st Fighter Squadron received a reduction to airman first class, and 15 days extra duty for altering a public record.

Administrative Discharges:

In May, an airman basic from the 81st Test Support Squadron received a court-martial conviction for failing to obey a lawful order, unlawfully entering a dwelling of another, negligently discharging a handgun in a privately owned vehicle and breaking restriction by leaving the limits of his dormitory room. The airman was subsequently discharged with a general service characterization for commission of a serious offense after his term of punishment was completed.

In May, an airman from the 325th Aircraft Maintenance Squadron received a court-martial conviction for making a false official statement and wrongfully possessing a false military identification card. The airman was subsequently discharged with a general service characterization for commission of a serious offense.

An airman first class from the 325th SFS received a general discharge for drug abuse (marijuana).



In the event of an evacuation or other contingency, Team Tyndall members can call the Air Force Military Personnel Center’s contingency line at (800) 435-9941 or the Tyndall Straight Talk contingency line at (877) 529-5540.



● FROM JUMPER PAGE 1

“That should get all of our reconstitution done, give people time to catch their breath, and then we should start back into the normal cycle in March.”

He added that there would be modifications to the current procedures, but generally the changes are going to continue to make life easier for airmen.

Another change senior leaders are studying is how the service branches can better work together, General Jumper said.

“It’s a matter of taking a conscious look at what the real requirements and the real threats are, and responding to those,” General Jumper said.

Addressing the proposed lease of new aerial refueling aircraft, the general said if the deal is closed, he is confident the transition will be quick.

Air Force officials selected, and the Defense Department has approved, the Boeing 767 as its tanker candidate. The new aircraft

will be able to deliver 20 percent more fuel than the 43-year-old KC-135E model. It can be refueled in flight and has the capability to refuel Air Force, Navy, Marine and allied aircraft on every mission.

“We should be able to do the same mission with fewer airplanes, and we don’t take away the crews, so the crew ratios will be higher,” he said. “If you have a higher crew ratio, you get an airplane that is more reliable (and is) available more of the time, and we should be able to make this job easier even if the ops tempo stays high,” General Jumper said.

The new fitness program, the new uniform, the potential integration of the newest tanker into the fleet and other changes in the forecast show the Air Force is continually improving itself for its airmen, the general said.

“We have proven in our recent battles that we are the world’s greatest Air Force,” he said. “And, while it may be tough to constantly improve the best, the Air Force continues to do so.”

Civilian benefits, entitlements site helps 260,000 customers

AIR FORCE PERSONNEL CENTER

- Continuing a trend toward online self service, Air Force civilian employees used the Web about 260,000 times last year to manage their career benefits.

Another 63,000 civilian employees called and talked with a benefits counselor using telephone support in conjunction with the Web, officials said.

When BEST [Benefits and Entitlements Service Team] went live in 1996, we provided services to 3,500 civilian employees

at nine bases, said Janet Thomas, human resources specialist. “Today, we provide full servicing to more than 78,000 civilian employees at 83 bases and limited servicing to more than

57,000 employees at 13 bases from the time they come to work for the Air Force until they leave.”

BEST provides benefits and entitlements enrollment and advisory services to fully-serviced employees in the areas of Federal Employees Health Benefits, Federal Employees Group Life Insurance, Thrift Savings Plan, retirement counseling and processing, and death-in-service survivor assistance. The same services are provided to limited service employees with the exception of retirement counseling and processing and death-in-service. These benefits are provided by the local civilian personnel flight. “Tyndall is a fully serviced base. All benefits servicing is provided through the BEST system. While we wish we could help more, we are neither manned nor trained to handle benefits questions or actions,” said Joanne Groves, civilian personnel officer.

Employees can determine if they receive full or limited servicing by going to the BEST home page at www.afpc.randolph.af.mil/dpc/best/menu.htm and clicking on “Full versus Limited Servicing” or by contacting their local CPF to see if their records are maintained there. Employees not serviced by the local civilian personnel flight should check and see if their servicing base is fully serviced by BEST.

Benefits and entitlement services provided by BEST:

- The BEST home page provides Web pages specifically related to new, rehired, transferred, retiring, separating employees, employees entering a leave without pay status and employees entering military active duty. The “What’s New” area offers information on legislative updates and program changes.

- The BEST Newsletter provides timely reminders of FEHB and TSP open seasons

and other pertinent benefits-related information. The newsletter is published electronically and e-mailed about six times a year to employees who have subscribed to receive it. New subscribers can go to the BEST home page

and click on “Newsletter Subscription Service” to enroll.

- BEST provides an automated system that all Air Force-serviced civilian employees use to conduct insurance and TSP enrollments and changes. The Employee Benefits Information System is a Web-based application, more commonly known as EBIS, and the BEST phone automated system is where the employee can transact business through a series of prompts or speak with a counselor. Instructions on how to access EBIS and the BEST phone automated system are located on the BEST home page under “How to Access the BEST Automated Systems and Reach a Counselor.”

More information on civilian programs can be found on the Air Force Personnel Center home page at <http://www.afpc.randolph.af.mil>, then click on “Civilian Personnel Online.”

“It’s important to note that for the purposes of benefits counseling and information, BEST is in reality an extension of the local personnel office. We often get visits or calls from employees who have done their research through OPM or TSP Web sites, which often direct them to their personnel office. BEST is that personnel office for Tyndall employees,” Ms. Groves said.

“Tyndall is a fully serviced base. All benefits servicing is provided through the BEST system.”

JOANNE GROVES
Civilian personnel officer

Tending to sick children affects more than just child

SAUNDRA PITTMAN-LOCKWOOD

Family Member Programs flight chief

For parents of children using child-care centers, nothing is more frustrating than being notified that their child is ill and must be removed from the center immediately. It not only impacts parents but often creates temporary manning problems within their work center.

Despite parents' and child-care providers' best efforts, children do get sick. According to Dr. Dennis Murray of Michigan State University's department of pediatrics and human development, most infants and toddlers suffer six to 12 infections a year, usually affecting the respiratory system. Seventy to 80 percent of those are spread by touch, he adds.

"Preschool children are particularly prone to gastrointestinal and respiratory tract diseases because their immune systems are immature, says Dr. Larry Pickering, a recognized authority on pediatric diseases at the Centers for Disease Control and Prevention. "Young children in child-care settings are particularly prone to infections, because they are in close quarters while being fed and diapered, and they share toys, blankets, and sniffles. Add to this the fact that children this age constantly put everything in their mouths, and you've got an ideal setup for the spread of disease."

The number one cause for temporary exclusion from



the Tyndall Child Development Center is children with a combination of temperature, lethargy, inability to participate in normal daily routine, and persistent crying and other manifestations of possible severe illness. Children under the age of 3 months with a temperature of 100.5 degrees or above and children older than 3 months with a temperature of 102 or above will not be admitted or allowed to remain in the center. The child cannot return to the center for a minimum of 24 hours after removal or until they have been free of fever for 24 hours. The child may not be readmitted to the center until their presence will not threaten the

health of others or with written permission from medical personnel. This policy is in the best interest of all other children in the center and the entire Tyndall community and work force.

The Tyndall Child Development Center health policy follows the "American Academy of Pediatrics Red Book 2000: Report of the Committee on Infectious Diseases" recommended criteria for excluding children from the child-care setting. To reduce these illnesses, both the child-care center and family child-care homes follow the standard precautions specified by the Centers for Disease Control and Prevention.

Parents can also help combat these illnesses by following good health and nutrition habits at home. There are times when medicines are administered to get a fever down before bringing the child to the center. This only masks symptoms and perhaps endangers other children in the center. The child remains lethargic and unable to participate in the daily program activities, resulting in another call to parents to come pick up their child.

There is a light at the end of this tunnel. The Air Force Family Member Program is currently studying the feasibility of funding a child-care program for mildly ill children. The results have been promising. More bases should come on line as funding and other issues are settled.

Transformation tough, important, progressing

ARMY SGT. 1ST CLASS DOUG SAMPLE

American Forces Press Service

WASHINGTON (AFP) — Defense Secretary Donald Rumsfeld said bringing change to a department as large as the Pentagon will be tough, but change is important so that the military is not "stuck back in the 20th century."

"We've worked hard at it; we've got a lot of wonderful people working on it," Secretary Rumsfeld said. "It's a difficult thing to do with a great big institution like this. (But if the transformation initiatives under way are) as successful as the department believes they will be, I think there will be some success."

Secretary Rumsfeld emphasized that transformation efforts within the Pentagon would not be easy.

"Change is hard for people," he said. However, he said that Pentagon leaders understand the importance in organizing, training and equipping the military for the 21st century.

Lessons from operations Iraqi Freedom and Enduring Freedom in Afghanistan, as

well as the global war on terrorism, illustrate the importance for changes in the military, he said.

"It's not good enough to be capable of fighting big armies and big navies and big air forces on a slow, ponderous basis," Secretary Rumsfeld said. "We have to be able to move quickly and have to be agile and have to have a smaller footprint. And we have to be able to deal with the so-called asymmetrical threats, the kind of threats that we're facing with terrorists and terrorist networks. So I think the people in this department understand it, and that they're making good progress on it."

Secretary Rumsfeld said that Pentagon officials do not believe that Iran currently possesses nuclear weapons, but there are strong indications that North Korea may have up to three.

"We know (Iran has) the ability to deliver ballistic missiles, and conceivably if they had a nuclear weapon, could deliver it. But at the moment no one that I know

●SEE CHANGE PAGE 9


Save for Your Future **U.S. SAVINGS BONDS**

ON
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What is your favorite leisure time activity in the local area?



“Going to the drag-racing strip.”
TECH. SGT. RICHARD PETERSON
325th Fighter Wing protocol



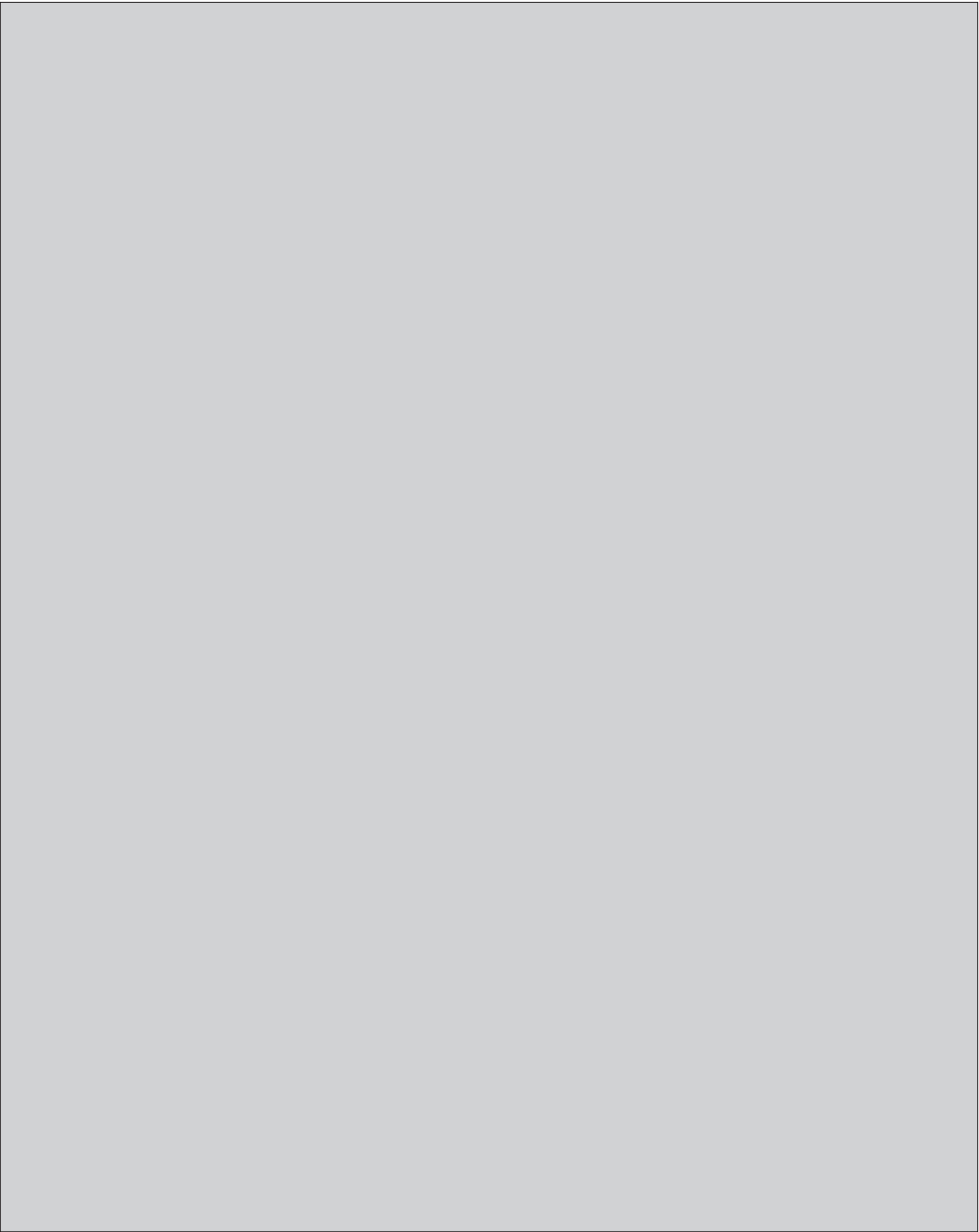
“Going to the beach.”
MASTER SGT. REBECCA SIMMONS
325th Fighter Wing legal office




“My favorite thing to do off base is dine out.”
ALAN STONE
Air Force retiree



“Going to the beach with the kids.”
2ND LT. DOUGLAS MABRY
325th Operations Support Squadron



Checkertail Salute



Steve Wallace

Staff Sgt. James Caruso

Duty title: Crew chief
Unit: 325th Maintenance Squadron phase docks
Time on station: 8 months
Time in service: 4.5 years
Hometown: Buffalo, N.Y.
Hobbies: Bike riding, fishing and sports
Goals: To have my own Italian restaurant.
Most memorable Air Force memory: Launching my alert aircraft while in Galena Air Base, Alaska during Sept. 11, 2001.
Favorite thing about Tyndall: The beach
Pet peeves: People whining about working more than an eight-hour shift
Favorite book: “Politika” by Tom Clancy
Favorite movie: “The Godfather”

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall’s Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.



Wing safety helps keep Team Tyndall mishaps at bay

CHRISTINE SULLIVAN

325th Fighter Wing public affairs

The crash phone suddenly comes alive in the flight safety office. The persistent ring is immediately picked up and followed by radio notification of an in-flight emergency. That's when members of Team Tyndall's safety office spring into action.

Most people go about their normal workday at Tyndall not realizing the role the 325th Fighter Wing safety office plays in ensuring a safe operation. Responsibility for the safety of every person and item on the base is an enormous undertaking, but members of the safety office take that responsibility in stride, knowing they contribute significantly to Team Tyndall's mission readiness.

The safety office is a staff agency that reports directly to the wing commander and has the same basic goals in reducing safety mishaps.

"On-duty safety allows us to accomplish our training mission while preserving personnel and assets," said Lt. Col. James Riemens-Van Laare, 2nd Fighter Squadron director of operations. "Off-duty safety allows us to keep our personnel fit for work and potential world-wide deployment."

Flight safety is one of three prongs that make up the safety office that also includes weapons and ground safety. Flight safety is concerned with people who leave the ground, aircraft, and movement on the ground. As long as there is a pilot at the controls, it is a flight safety issue.

"In-flight emergencies may be simple or complex to the investigator, and execution of the emergency procedures by the pilot is always looked at during the investigation to ensure that the written procedures are adequate and do not need to be changed or improved," said Master Sgt. Michael Simons, flight safety NCO of the 325th Fighter Wing. "After the aircraft is safely on the ground and in its parking spot, the flight safety representative will talk to the pilot to get an idea of the details as to what has occurred."

Most in-flight emergencies are not reportable as a mishap or event and frequently result from an aircraft system giving the pilot a light or indication in the cockpit that he may have a potentially serious problem. Flight safety will investigate seemingly minor events that create potentially incorrect readings.

"Investigations are used for possible preventative measures and to track each incident by system to detect any trends," Sergeant Simons said. "Just like your car, as the vehicle gets older, you will occasionally find things that break or wear out. Sometimes these happen in-flight and when it results in an IFE, you can be sure a representative from wing flight safety is somewhere near."

If there are weapons systems onboard an aircraft that happen to malfunction, it's considered a weapons safety issue. Ground safety not only involves privately owned vehicles, it also includes aircraft that



Lisa Carroll

Maj. Joseph Beahm, 325th Fighter Wing chief of flight safety, and Master Sgt. Michael Simons, 325th FW flight safety NCO, inspect an ejection seat and take GPS coordinates at a simulated crash site during a major aircraft response exercise in July. The wing flight safety office is responsible for interim actions following an aircraft mishap to include forming an interim safety investigation board, preserving evidence, plotting the wreckage and compiling initial witness statements.

are parked and empty.

"Ground safety directly contributes to mission readiness by giving supervisors and commanders the training they need so they can make sure everyone has a safe and healthful workplace," said Ken Jolley, 325th Fighter Wing ground safety manager. "If you don't have a safe place to work, you have a lot more injuries and less people to do the work."

Whether it's on- or off-duty, mishaps involving ac-

tive-duty military members are categorized three different ways. Class 'C' mishaps are those that cost from \$20,000 to \$200,000 or a lost-day work case. Above \$200,000 and up to \$1 million, or a permanent partial loss of the use of a minor appendage, is considered a Class 'B' mishap. A Class 'A' mishap is a fatality or a permanent total disability such as the loss of the use of a major part of the body. Safety investigations must be concluded within 30 days and a final report submitted to the Air Force.

"Every Air Force member has a dollar value assigned to them on a chart, otherwise we couldn't figure out the cost of a

safety mishap," Mr. Jolley said. "For example, a pilot is considered a million-dollar asset."

Another large percentage of ground mishaps reaching peak levels is motorcycle fatalities involving active-duty Air Force members. There have been 23 fatalities so far this year, 19 deaths in 2002, and the number of fatalities is continually rising. "Motorcyclists are dying in large numbers," Mr. Jolley said.

●SEE SAFETY PAGE 9



United States Air Force

Retiree Activities Newsletter

Tyndall AFB, Florida

Sept. 5, 2003

What's inside

Tyndall retiree appreciation days show gratitude for contributions

This year's retiree appreciation days event takes place Sept. 19-20. Several Tyndall facilities are offering special discounts for retirees — Page 2.

Get your military records online

The National Personnel Records Center is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files — Page 2.

Tyndall's new medical group commander

Col. Sean Murphy, the 325th Fighter Wing's new medical group commander, shares his vision and goals for providing superior medical service — Page 3.

Changes to survivor benefit plan

New documents will be mailed to you each year that will determine taxes owed and if you will continue to receive benefits — Page 4.

TRICARE fact sheets available online

Get all the TRICARE information you need without leaving home. Access the TRICARE Web page for important information on a variety of topics — Page 4.

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DFAS improves electronic pay services

As more members of the military retiree community and Survivor Benefit Plan (SBP) annuitants become more computer oriented, Defense Finance and Accounting Service (DFAS) officials are increasing emphasis on its "myPay" system.

MyPay is a way of allowing customers to manage their pay account information more easily and securely than ever before. A secure Web site and a Personal Identification Number (PIN) make myPay secure, and the system has been designed

to be customer friendly.

Officials point out that retired members and SBP annuitants will find that myPay is accessible via the Internet 24 hours a day, seven days a week. It can deliver the Retiree Account Statement (RAS) or Annuitant Account Statement much faster than print mail.

Changes made on myPay are effective the current pay period, and customers have the confidence of knowing their pay information is accurate because they're in charge.

Access to myPay is available at <https://myPay.dfas.mil>.

Some of the features of myPay include the ability to view and print the Retiree or Annuitant Account Statement, view and print tax statements, update bank account and electronic fund transfer information, and edit personal address information.

In addition, retirees can change both federal and state tax withholdings while annuitants can change federal withholdings; and retirees

can manage financial allotments and U.S. savings bonds.

To use myPay, retirees and annuitants must establish a PIN. DFAS customers without a PIN may obtain one by accessing myPay and clicking on "New Pin" or by calling (877) 363-3677 and following the prompts.

A new random temporary PIN for your account will be mailed to your address of record. You should allow 10 business days for delivery.

(SOURCE: AFRetiree News Release #3-17-03)

DEERS verification changes for former spouses

The Social Security Number (SSN) used to verify TRICARE eligibility in the Defense Enrollment Eligibility Reporting System (DEERS) for former spouses who have not remarried is changing.

Starting Oct. 1, 2003, DEERS will reflect TRICARE eligibility for the affected beneficiaries using the former spouse's own SSN rather than the former sponsor's.

Health-care information will be filed under the former spouse's own SSN and name. These beneficiaries will now use their own name and SSN to schedule medical appointments and to file TRICARE claims.

The current Uniformed Services

Identification and Privilege Card, DD Form 1173, held by the unremarried former spouse is still valid until it expires.

Upon renewal, the former spouse will be issued a replacement Department of Defense/Uniformed Services Identification and Privilege Card, DD Form 2765.

The Defense Manpower Data Center Support Office is sending a letter to all beneficiaries affected by this change.

The letter explains the new DEERS eligibility verification procedures and serves as official notification from the DOD regarding this change.

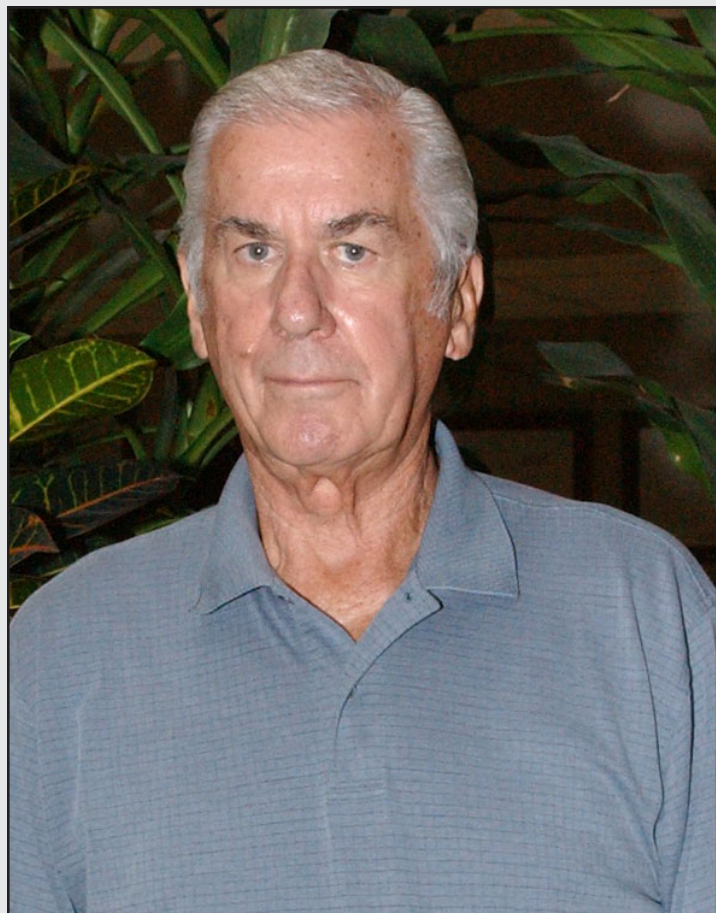
The letter does not, however, pro-

vide proof of continued eligibility for TRICARE health-care benefits. After Oct. 1, 2003, unremarried former spouses may contact or visit the nearest identification card issuing facility. Locations may be found online at www.dmdc.osd.mil/rsi for questions or assistance.

Former spouses who have not remarried should always keep their DEERS information current and up-to-date. For questions regarding their medical records, they should contact the military treatment facility and medical records department where their DOD medical records are stored.

(SOURCE: TRICARE news release 03-16 dated Aug. 19, 2003)

Director's Corner



RETIRED LT. COL. EDWARD BULTMANN

Retiree Activities director

The Tyndall Retiree Activities Office (RAO) is located in Building 662, Suite 245, 445 Suwannee Road, Tyndall Air Force Base, FL. The office phone is (850) 283-2737. A satellite office SRAO is located in the National Guard Armory, 1225 Easterwood Drive, Tallahassee, FL. The SRAO phone number is (850) 574-9094. Both sites have office hours from 9 a.m. to 12:20 p.m. weekdays and have a variety of publications of interest to retirees. Retirees of all military services are welcome to use the facilities and resources of the Tyndall RAO. The Tyndall RAO also maintains a retiree Web page on the Tyndall Internet site (www.tyndall.af.mil/325FW/RAO.htm), and publishes a newsletter twice a year.

The RAO and SRAO mission is to serve all military retirees in our area. If you need assistance, please call one of our offices. If we cannot provide the information you need, we can usually refer you a more knowledgeable source that can. If there are topics you would like to see covered in a future newsletter, let us know.

*The Tyndall Retiree Activities Office Newsletter is published as an insert to the **Gulf Defender**. Articles appearing in this publication do not necessarily reflect the position of the Department of the Air Force or Tyndall. While editorial effort has been made to ensure the accuracy of the information herein, no absolute guarantee of accuracy can be given or assumed. Editor: Retired Lt. Col. Edward Bultmann, RAO director, 283-2737. Design and layout: Staff Sgt. Roel Utley, editor, **Gulf Defender**, 283-2983.*

Tyndall retiree appreciation days show gratitude for contributions

Retiree appreciation days will be held at Tyndall Air Force Base on Sept. 19-20.

The event is being held a month earlier than in the past. The reason for the move is to have it coincide with the promotions scheduled by the base exchange and commissary.

The commissary is offering case lot sales on a wide variety of food and household items. The commissary sale will take place on both days from 8:30 a.m. to 5 p.m.

Savings on case lot

items will range from 25 to 50 percent off the regular price, depending on the item.

On Friday, Sept. 19, there will be free cake and coffee in the bakery from 8:30 to 11:30 a.m.

There will also be free hot dogs, soft drinks and ice cream from 10 a.m. to 1 p.m.

Drawings will be held for assorted giveaways in the produce, meat and grocery departments in addition to \$25 commissary

gift certificates.

Patrons will not have to be present to win.

On Friday and Saturday, the base exchange will hold drawings for \$100 gift baskets and shopping sprees.

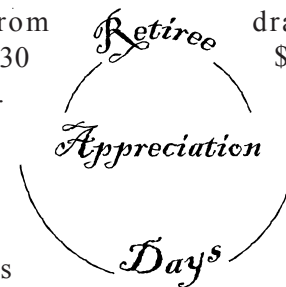
Additionally, there will be special sales on major appliances and demonstrations by factory representatives.

The service station and Shoal Point, Felix Lake and Class Six Shoppettes will hold

drawings for free gas and other giveaways.

On Saturday, Sept. 20, an information fair along with a guest speaker will be held at the officer's club. Mr. Wally Warren, Administrator of Panama City's new Veteran's Affairs nursing home will talk about the new facility and answer questions.

Representatives will be available in customer service, located in the base support center, Building 662, from 9 a.m. to 12 p.m. for issuance of new ID cards and vehicle registration.



Club membership offers retiree benefits

Retirees are eligible to receive all the benefits that regular club members enjoy when they sign up for Air Force Club Membership at the Tyndall Officer's Club.

These benefits include discounts on meals and monthly coupons that offer free or reduced price goods and services from other services squadron facilities.

Once a month the club also has a retiree night when all retirees get 25 percent off the price of their dinners.

The officer's club is an all ranks dining facility and all members will receive a membership card that is honored at any Air Force Base club worldwide.

The "Travel The World On Us" club membership drive is

another reason for retirees to sign up for club membership.

Running through Oct. 31, this contest will award 140 new and current club members with travel-related prizes valued between \$500 and \$5,000.

The Tyndall club has a new chef, and everyone is invited to come out and try the food. For more information, call 283-4357.

National Personnel Records Center announces new online records request procedures

The National Personnel Records Center is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents. Other individuals with a need for

documents must still complete the Standard Form 180, which can be downloaded from the online Web site.

The new Web-based application was designed to provide better service on these requests by eliminating the records center's mailroom processing time. Also, because the requester will be asked to supply all information essential for NPRC to process

the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized.

Veterans and next of kin may access this application at <http://vetrecs.archives.gov>. Please note there is no requirement to type "www" in front of the Web address.

(SOURCE: AFRetire Release No. 06-01-03)

New medical group commander talks goals, challenges

Each year, the 325th Medical Group administers care to more than 15,000 people including military members, their families, and of course, those who have retired from military service.

Serving the medical needs of more than 8,000 retirees in our area is crucial. To that end, how the medical group goes about ensuring the needs of all medical recipients are met is a constant challenge, but one Col. Sean Murphy, the group's new commander, is prepared to meet.

Colonel Murphy, a career pediatrician, who recently completed National War College and served in the Air Force Surgeon General's office as the Air Force's pediatric consultant and as the director of Clinical Optimization and Integration, joined Team Tyndall as the 325th Fighter Wing's new medical

group commander in August. Upon assuming command of the group, Colonel Murphy outlined his vision and goals for providing superior health care to the military and retiree communities.

"The 325th Medical Group vision is air dominance through health-care excellence," the colonel said. "What does that mean? I see a medical group that is not only fully integrated into the wing's vision and mission, but an example for others in all ways. Additionally, I see one team and one mission attitude instilled in all the medics and the internal feeling of family as we take care of our extended family, our beneficiaries. I see the beneficiaries feeling part of that family and understanding their relationship with their personal primary care team that consists

of not only the provider but also the nurses and technicians."

One of the ways in which the colonel sees the group moving closer to that vision is through the incorporation of medical training and prevention-based medicine.

"Each member of these health-care teams has the expertise to give customer care. We need to cash in on each member providing the care they were taught to give," Colonel Murphy said. "[We also need] health care that is prevention based - one in which disease is prevented as opposed to just being diagnosed and treated."

In order to achieve "air dominance through health-care excellence," Colonel Murphy outlined several goals that will play a huge role in the group's success.

"There have been well-established goals in place within the medical group," Colonel Murphy said. "They are to en-



Courtesy photo

Col. Sean Murphy, the new 325th Medical Group Commander, recently highlighted his vision and commitment for improved medical care for all beneficiaries.

sure Team Tyndall is always 'Fit to Fight' and able to support world-wide mission requirements. Additionally, we want to ensure the delivery of outstanding care to those members within our community who entrust us with their health and

well-being. We'll do this by sustaining a health-care delivery system that integrates quality, access and cost, promotes a safe and healthful environment and provides a responsive and sensitive climate for patients, family members and staff."

While medical care for both communities has steadily increased, the 325th Medical Group is poised to not only continue the tradition of excellence in medicine, but also serve as a model for other bases and communities.

"Working with many civilian health-care organizations was an eye-opening experience and helped me understand how far ahead we are compared to civilian health care, especially in the areas of preventive health care," Colonel Murphy said. "Our vision and goals are continually monitored to be sure we are doing what we say we will do."

(Compiled by 325th Fighter Wing public affairs)



Doyle Wade

Retiree Spotlight

Office: Retiree Activities Office

Years in Panama City area:

26 years.

Years in the military: 20

years active duty and 26 years civil service.

Hometown: Gainesville, Texas.

Favorite Assignment: Traffic Management Office at Tyndall Air Force Base.

Greatest aspect of your job:

Staying in contact with Tyndall AFB and its people.

Why do you volunteer: To keep active.

Favorite book: "Undaunted Courage" by Stephen Ambrose.

Hobbies and activities: Volunteering and yard work, American Association for Retired Persons and helping people with their taxes.



Airman Sarah McDowell

Doyle Wade is a volunteer in the Retiree Activities Office where he assists fellow retirees with various issues.

Government makes grave marker requests easier

The Department of Veterans Affairs (VA) has revised its application form to make requesting a VA grave marker easier.

The new form, Application For Standard Government Headstone or Marker (VA Form 40-1330), includes updated information about changes that expand eligibility for a government marker.

According to VA officials, the new form and instruction sheets also permit better communication between VA and veterans' families.

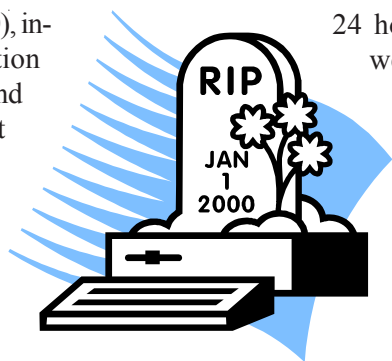
For deaths on or after Sept. 11, 2001, Public Laws 107-103 and 107-330 made government markers available for use on veterans' graves that were already marked with privately furnished headstones or markers. Previous law pre-

vented the VA from furnishing markers when a grave was already marked.

In January 2002, the VA introduced a toll-free fax service for submitting applications. This service is available 24 hours a day, seven days a week. Instructions, as well as the fax number, (800) 455-7143, are on the VA Web site at www.cem.va.gov.

The application form on the Web site can be filled in and printed for submitting by mail or fax. Questions about a headstone or marker application can be directed to VA's Memorial Programs Service Applicant Assistance Unit at (800) 697-6947.

(SOURCE: AFRetire release No. 6-02-03)



Keep up on the latest retiree information. Read the Gulf Defender weekly!

New changes to Survivor Benefit Plan announced

If you're a Survivor Benefit Plan (SBP) annuitant, you're going to get two things in your mailbox each year. One is a tax statement and the other a Certificate of Eligibility (COE).

Both are important documents. One is used to determine how much tax is owed and the other, the COE, determines if you're going to continue receiving an SBP check each month.

The COE is automatically generated and sent to annuitants approximately 90 days prior to their birthday each year. It's important that it be completed by the annuitant and returned via mail or fax before the annuitant's birthday to avoid any interruption in pay. If a legal representative, such as a power of attorney has been added to an annuitant's account, that individual should complete and sign the form, marking the legal

representative portion as requested.

Officials explain that upon return of the COE, the Defense Finance and Accounting Service processes the document according to the information provided and will either continue, adjust or terminate the annuitant's pay as appropriate.

A marriage certificate is required when the "I married in the past year. . ." box is marked to update the annuitant's account properly. An annuitant should include his or her name and Social Security Number, the name and Social Security Number of his or her deceased sponsor and the signature date.

Forms can be mailed to DFAS, US Military Annuitant Pay, P.O. Box 7131, London, KY 40742-7131 or can be faxed to (800) 982-8459.

(SOURCE: AFRetire news release dated Aug. 12, 2003)

Online TRICARE benefits, services fact sheets available online to answer questions

For those who have personal computers and access to the Internet, fact sheets about TRICARE benefits, services, etc., are available at www.tricare.osd.mil/factsheets (click on Browse A-Z).

The TRICARE Fact Sheets are designed for use by anyone who needs detailed information on particular TRICARE topics.

Beneficiaries, beneficiary counseling and assistance coordinators, customer service representatives and others responsible for explaining or under-

standing TRICARE are encouraged to print out and save all the fact sheets to assist with questions or issues at hand, or to use for future reference.

All of the fact sheets reflect the most current information. Print versions are available at the bottom of each fact sheet.

TRICARE Fact Sheets covering Appeals, Chiropractic Care Program, Defense Enroll-

ment Eligibility Reporting System (DEERS), Eligibility, FEHBP Demonstration Project, How TRICARE Changes When a Military Sponsor Retires or Dies, Next Generation of TRICARE Contracts, Pharmacy Program, Portability, Regional Managed Care Support Contractors, TRICARE Dental



Program, TRICARE For Life, Transitional Health Care Benefits and many other topics are available at www.tricare.osd.mil/factsheets/index.cfm?fx=show.

For any questions or concerns about any of the above listed TRICARE Fact Sheets, please contact the Office of Communications, Communications and Customer Service, TRICARE Management Activity at media@tma.osd.mil or call the

DOD Worldwide TRICARE Information Center (Toll-Free) (888) 363-5433 or (877) 363-6337. Operating Hours: Monday through Friday, 8 a.m. - 10 p.m. (EST) (excluding federal holidays).

Want to get TRICARE answers, assistance via E-mail? Send your request to mailto:TRICARE_Help@AMEDD.ARMY.MIL or <mailto:QUESTIONS@tma.osd.mil> (SOURCE: TRICARE web site at www.tricare.osd.mil/factsheets)

Retiree news e-mail service

This service is to inform members of the Air Force retiree community, including family members, about legislation, policies and other matters affecting their rights, benefits and obligations.

To subscribe:

Address a new e-mail.

In the "to" line write the address as shown: list.manager@listserver.afpc.randolph.af.mil

Your e-mail address will automatically appear in the "from" field.

On the subject line, type the words Subscribe AFRETIRE

exactly as shown.

There is no need to write anything in the body of the message.

That's all there is to it. Hit send.

You will get a return message indicating that you have been subscribed as a non-digest member.

Telephone Numbers and Web sites of Interest

TRICARE: Gulf South(4) and Southeast(#) Regions 1-800-444-5445, www.tricare.osd.mil

TRICARE for Life: (888) 363-5433 www.tricare.osd.mil/tfl

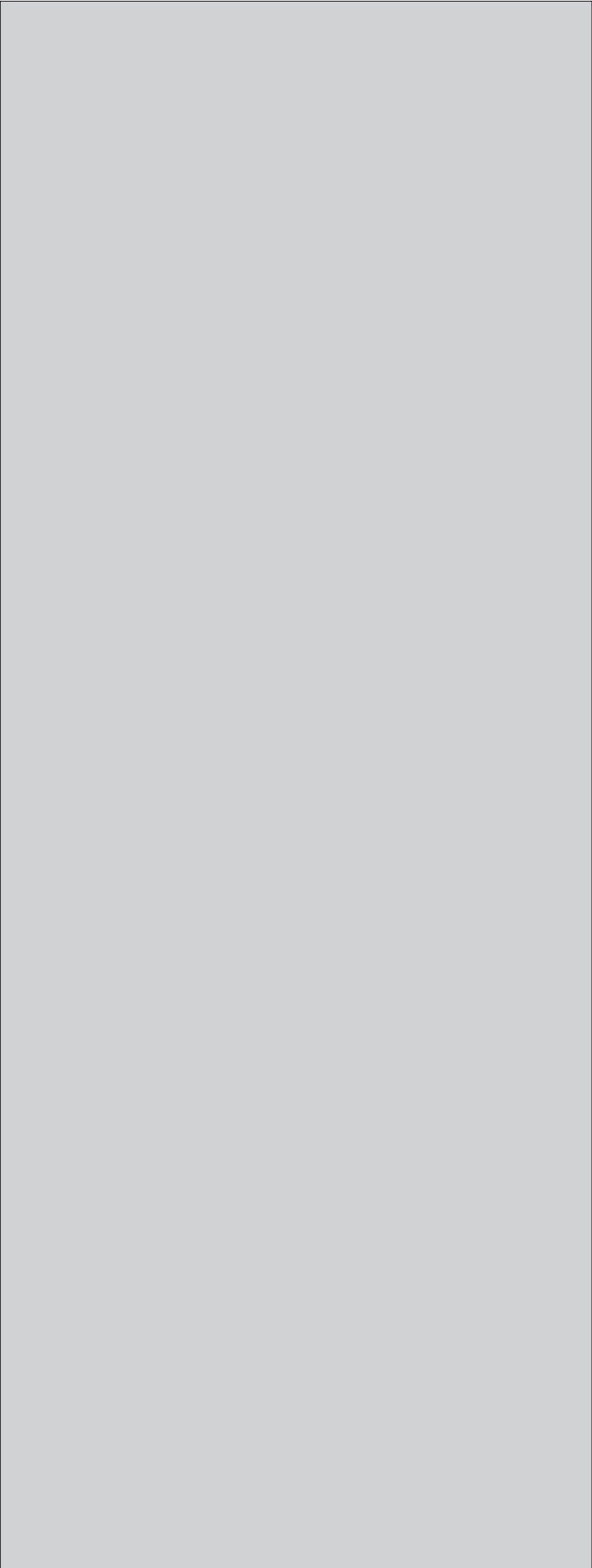
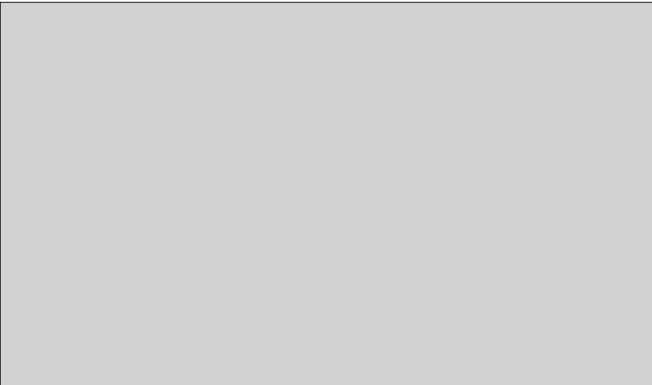
Tricare mail order pharmacy: (866) 363-2273, www.tricare.osd.mil/tmop

Express Scripts: (866) 363-8667, www.express-scripts.com

DEERS Eligibility: (800) 538-9552, www.tricare.osd.mil/deers

Retiree Dental Plan: (888) 838-8737, www.ddpdelta.org

Long Term Care Insurance: (800) 582-3337, www.ltcfeds.com



● FROM CHANGE PAGE 6

of in our intelligence community or elsewhere assesses that they currently have (nuclear weapons),” he said. “It has been assessed that they’re engaged in a process where they may wish to acquire or develop or produce nuclear weapons. But at the moment it’s my best information that they don’t have them.”

However, Secretary Rumsfeld said North Korea is a different situation. U.S. intelligence has assessed that North Korea, “very

likely has one or two or three weapons,” and that the country has programs to develop and the materials to produce nuclear weapons, he said.

“They’ve announced that they have (nuclear weapons). That is to say they’ve informed people,” he said. “... Because it’s a closed society, it’s not possible to have really good visibility into what they’re doing precisely. ... If they’re saying what they’re saying, one has to assume they have some reason for saying it: Either that it’s true

or that they want others to believe it’s true.”

Secretary Rumsfeld expressed his concern about the likelihood of North Korea, which has sold ballistic-missile technologies in the past, selling nuclear weapons to other countries.

“If they’re publicly saying they would be happy to proliferate those technologies, and if we know they proliferated ballistic-missile technologies, then reasonable people have to assume that that’s at least a strong possibility,” he said.

● FROM SAFETY PAGE 8

“The Air Force is a reflection of the private sector and they are experiencing the same thing.”

Before any mishaps occur, prevention is the key focus of the safety office by way of ongoing training sessions and random and unannounced inspections.

“The most important aspect of inspections is the over-the-shoulder inspections of our organizations on base as they provide an objective, third-party appraisal of activities in the work centers of Team Tyndall and provide technical expertise when and where warranted,” said Col. Douglas Cochran, 325th Fighter Wing vice commander. “They are in essence an extra set of eyes and ears, to help commanders and supervisors maintain a safe and healthy environment for their members.”

In addition to inspections, the safety office conducts investigations and reviews plans. The safety office conducts training within a 30-day period of assignment for all unit safety representatives and wing, group and squadron commanders who are considered functional managers of the Air Force.

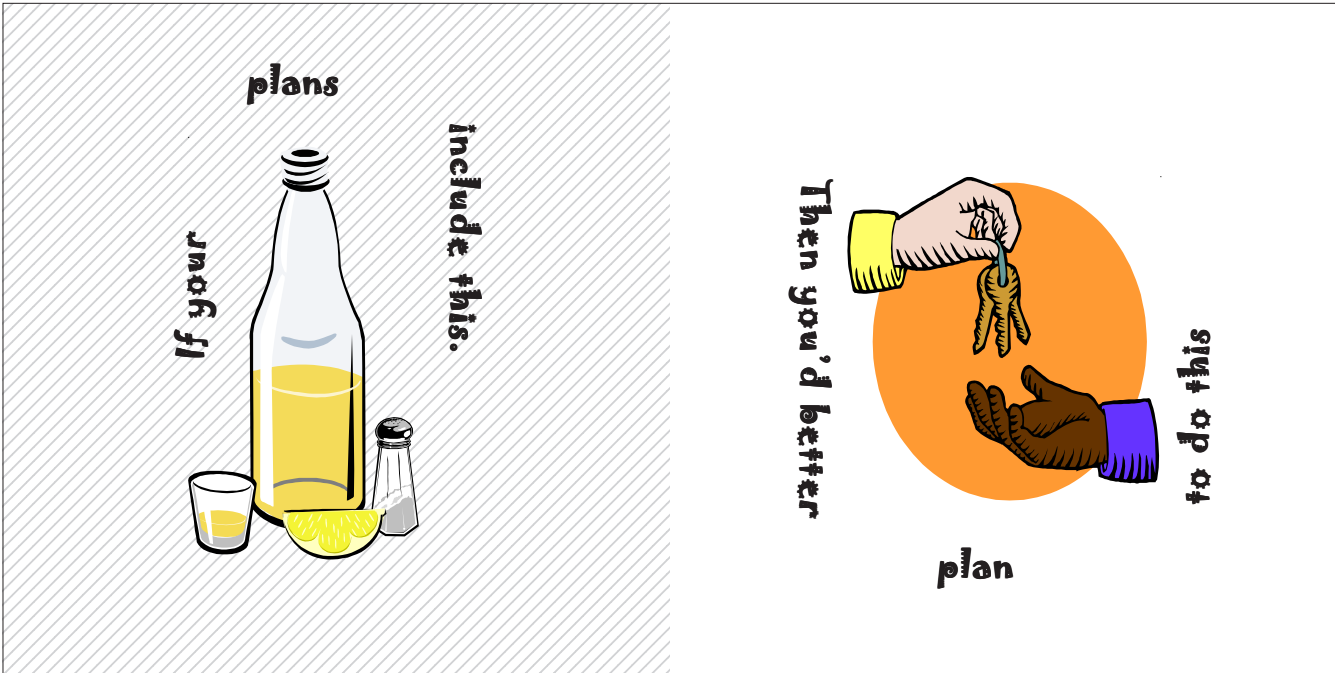
“Obviously, the better your safety program, the more folks you have available for duty, and we can’t

afford to have people not present for duty because of preventable accidents,” Colonel Cochran said. “It takes the concerted efforts of all Team Tyndall members, supervisors, commanders, first sergeants, chiefs, etc., to maintain an effective safety program. Our wing safety office personnel help provide training and guidance where applicable to help all of us conduct our duties in a safe and effective manner.”

Future programs include the development of operational risk management (ORM). “Right now I’m involved with a risk assessment of 128 miles of coastline,” Mr. Jolley said.

“There are times when the risks of certain activities cannot be totally eliminated. In these cases we use an ORM leadership process to determine if the benefits of a certain activity outweigh the risks involved,” Colonel Cochran said. “If the benefits do not outweigh the risks, then we won’t do that task or we will find a better way to mitigate the risks.”

“The bottom line is, nothing we do here at Tyndall is worth getting someone (accidentally) seriously injured or worse,” he added. “The key to any safety program is accident prevention and hazard awareness.”



Homeland security chief outlines initiatives to make U.S. more secure

SGT. 1ST CLASS DOUG SAMPLE

American Forces Press Service

WASHINGTON — Outlining a series of initiatives implemented to make the country more secure, Secretary of Homeland Security Tom Ridge declared here today that the United States is at the “highest level of protection this nation has ever known.”

Speaking at an event marking the 60th anniversary of the American Enterprise Institute, Secretary Ridge told the audience, “We can never guarantee that we are free from the possibility of terrorist attack, but we can say this: We are more secure and better prepared than we were two years ago,” he said. “Each and every single day we rise to a new level of readiness and response.”

Secretary Ridge said the department has instituted several measures to thwart terrorist efforts, beginning with the new Information Analysis and Infrastructure Protection Unit. Secretary Ridge said the unit focuses exclusively on threats to the United States by researching ways to reduce vulnerability to attack while strengthening critical infrastructures, both “cyber and physical.”

He also said his department is working to share critical intelligence with key people at the state and local level, and beefing up security at the nation’s borders, stating that cooperation between Mexico and Canada to patrol borders to the United States has “improved significantly.”

In addition, his department has hired and trained new inspectors and border patrol agents. The secretary added that by the end of 2003, his department will have launched U.S. Visits, a virtual border that will use biometrics to confirm the identity and status of travelers both to and from the United States.

Other improved security measures that he called “layered defenses from the curb to the cockpit” have been implemented around airports. Those include hardened cockpit doors and measures to arm pilots, as well as allowing more air marshals to accompany travelers on flights. He said thousands of passengers and baggage screeners are better trained to

do their jobs, and federal security officers have been hired to oversee airports.

In addition, Secretary Ridge said that under federal law all air carriers now must provide advanced passenger information on international flights, “This enables us to identify high-risk passengers attempting to enter or leave the United States,” he said.

He also said the United States is seeking ways to stop the threat of shoulder-fired missiles that could attack commercial aircraft taking off and landing. “This effort encompasses strategies to stop the proliferation of these weapons, work with state and local officials to improve perimeter security at our busiest airports, and develop new technologies that can counter this threat.”

Secretary Ridge said progress has been made to protect U.S. ports and waterways as well.

“That’s why we work so very hard to extend our zone of security outward,” he said. “So that our borders are the last line of defense, not our first line of defense. And that’s why we built security measures that begin thousands of miles away, long before a container is first loaded on a ship.”

Secretary Ridge credited President Bush during his speech for having “no tolerance” for hatred and “no patience” with terrorists he called “cold-blooded killers.” He stated that under the president’s leadership, the United States and its allies have “exact[ed] a war unknown to terrorists in decades before — a global war on terrorism, distinct from any battle, any conflict, any world war ever waged.

“From Beirut to Lockerbie (Scotland) to the USS Cole, we can see that terrorists are not deterred by time. But as our country has made clear, their time is up.”

Secretary Ridge said the reason terrorists have lashed out in Iraq and elsewhere is not because the United States is failing in its efforts to defeat terrorism, but because it is succeeding.

“These successes remind us why we fight,” he said. “because every single victory in a faraway land makes us safer here at home.”

Service officials: recruiting, retention outlook good

JIM GARAMONE

American Forces Press Service

WASHINGTON (AFP) — Despite predictions to the contrary, Americans are continuing to volunteer for the military, and those already in are re-enlisting at a vigorous rate.

Early in the war on terrorism, many critics predicted the United States would have to return to the draft to man the forces. But in this 30th year of the all-volunteer force, the military continues to meet recruiting and retention goals.

“It’s really too early to see what effect Operation Iraqi Freedom will have on recruiting, but the most recent statistics are encouraging,” said Maj. Sandy Burr, a Pentagon spokeswoman. Major Burr said the Department of Defense is making all quality and quantity goals. “We are exceeding the DOD benchmark for percentage of high school graduates and the percentage of people in the upper half of the (armed forces entrance exam).”

Service officials point to hard work by recruiters as the key to the success, but they also say increased patriotism as a result of the war on terror and a bleak economic picture in

many areas also may play a role in attracting young people to the military.

The Army, Navy, Air Force and Marine Corps are all on course to make year-end recruiting goals. The Air Force made its recruiting goals for fiscal 2003, enlisting 37,000 new airmen. This was the fourth year in a row it met its goal.

Retention also is up across the services. This is true especially of servicemembers making the choice to re-enlist following their first term in the service.

Air Force “first-termers” re-enlisted at a 60-percent rate. Service officials were shooting for 55 percent.

Complicating the retention picture, however, is the end of the stop-loss program. The program, which stops separations and retirements in critical specialties during war or crisis, has been lifted. However, Air Force spokeswoman Jennifer Stephens said the service has not seen the mass departure many predicted when stop-loss ended.

In all cases, military leaders are not taking anything for granted. They continue to push to get the best, most qualified people in the service.

**DON'T
DRINK AND DRIVE**

Murray discusses uniforms, dorms, fitness, retention

AIRMAN KATHERINE BOOHER
5th Bomb Wing public affairs

MINOT AIR FORCE BASE, N.D. (AFPN) — Chief Master Sgt. of the Air Force Gerald Murray discussed current issues with airmen here during a visit Aug. 28-30.

Topics included the test utility uniform, the Dorms-4-Airmen Program, the new fitness standards, air and space expeditionary force rotations, and retention and recruiting rates.

Chief Murray said the utility uniforms are designed to create a unique look for the Air Force, but they are also made to be comfortable and functional.

“This uniform design came after years of inputs about redesigning it for functionality, the needs of our Air Force and where we perform our mission,” he said. “Not only will the uniform be distinctive from the other services, but it will look better, fit better and be more cost-effective for our airmen because it won’t require professional laundering or starch.”

The chief said he has initially received both positive and negative feedback, but he cautions people against judging the uniform until they have had a good look at it.

“Everyone who has seen and worn this uniform really likes it, but I don’t expect every airman to like it,” Chief Murray said. “I do expect every airman to provide objective, professional input when (the uniforms) come into the field in January.”

Gen. John Jumper, Air Force chief of staff, will ultimately accept all, some or none of the proposed

uniform, and there are “a lot of factors” that will come into play before he makes any decision, Chief Murray said.

The uniform is designed to replace all other utility uniforms, including the desert camouflage battle dress uniform, according to Chief

Murray.

“We are looking at one uniform for all environments our airmen deploy into,” Chief Murray said. “We recognize that some airmen in specialized jobs will need a different uniform, and we will have policies that would govern that, but we plan for this uniform to replace both (battle dress) uniforms we currently have in place.”

Another topic Chief Murray addressed was the Dorms-4-Airmen

Program where each room will have its own bathroom, and every four dorm rooms will share a common living area with a central kitchen.

“When I was an airman, the standard was three and four people to a room with a central hallway and gang latrines,” the chief said. “This program is a continued emphasis in providing a better quality of life for our airmen because

now we’re looking at the best way to consolidate space while giving airmen a little more privacy along the way.”

The new dorms will require an adjustment to who is allowed to live in them, according to Chief Murray.

The Air Force used to build dorms for senior airmen and below. Now, dorms are built to house only those with less than three years of service, he said.

“That standard will vary depending on location and housing availability, but we believe our airmen will show the maturity to live anywhere they choose,” Chief Murray said. “Ultimately we have the responsibility to provide good-quality dorms on the base while at the same time allowing those airmen (who) have the financial means to live off base the ability to do so.”

The chief also addressed the new fitness standards beginning in January and said the program’s goal is

to improve airmen’s overall fitness.

“We deploy people to all parts of the world and to different environments in stressful situations for long periods of time,” Chief Murray said. “It is a proven fact that maintaining

fitness standards improves our ability to meet and sustain that mission. Given that fitness becomes a readiness issue.”

Chief Murray emphasized the responsibility placed on senior leaders to help airmen get ready.

“It is no longer just up (to) the individual to pass. It is to be a commander’s program,” Chief Murray said. “Officers and (non-commissioned officers) will lead this in the force.

“The ultimate goal is not to see people fail, but to see people raise their health through combined efforts,” he said.

Even with the many deployments supporting the war, Chief Murray said the Air Force is close to getting AEF rotations back to normal.

“All indications are that by March 2004, we will return to our 90-day, 15-month cycle,” Chief Murray

said. “The good thing is our AEF worked for us. It met our needs in Operation Iraqi Freedom, but we had to suspend it because we deployed more airmen than we were capable of sustaining in two AEF buckets. Now that we have been able to reduce our airmen, we have gone into the 120-day Blue and Silver AEFs that will allow (us) to get back on track.”

Despite the tumultuous past few years, Chief Murray said retention rates are improving, and the Air Force is working hard to keep them at a continuously rising level.

“Our retention improved in 2002, but this year we are exceeding our rates for first-term airmen and are only 1 percent off for second-term and career airmen,” Chief Murray said. “Overall, we are pleased with the rates, but that doesn’t diminish our focus. We are a retention-based force and ... we keep a continued emphasis on retaining the best quality airmen we can possibly keep.”

Chief Murray said he was impressed by the number of professional development opportunities airmen have.

“The highlight I’ve seen is that senior leadership fully supports the professional development of our corps,” Chief Murray said. “That follows right in line with our core competency of developing airmen, and it follows General Jumper’s idea of focusing on force development. Development of our airmen is one of the most important things we do.”



Your link to what's going on

Gulf Guide

in the Tyndall community

SEPTEMBER

TUE
9

Committee meeting

The Tyndall Black Heritage Committee will meet 11 a.m. Tuesday in the community activities center. The

committee meets the second Tuesday of every month. New members and participants are always welcome.

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6-8 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call CAP Lt. Hernandez, 215-8958.

Transition-assistance workshop

A three-day transition-assistance workshop for anyone leaving the military within the next 12 months will be 7:45 a.m.-4:30 p.m. Tuesday-Thursday. The workshop topics will include analyzing skills, setting personal goals, starting the job search, resume writing, interview skills, veterans benefits and much more. Spouses and Department of Defense civilians are welcome. For more information or reservations, call the family support center, 283-4204.

FSU software seminars

Dr. Sara Stoecklin, director of software engineering at Florida State University's Panama City Campus, will be offering free, one-hour state-of-the-art software engineering lectures 11:30 a.m.-12:30 p.m. on the second Tuesday of each month in Room 58 of the Tyndall Education Center. Future topics will include Unified Modeling Language, Extensible Markup Language, Pair Programming, Agent-Oriented Programming and Software Patterns.

Bible study group

The Protestant Women of the Chapel's Bible study group meets 6:30 p.m. every Tuesday in the Chapel 2 Annex. The current topic is a study of Leviticus. Watchcare is available on an as-needed basis. For more information, call the base chapel, 283-2925.

WED
10

Palace Chase briefing

Palace Chase briefings for first-term airmen with half of their enlistment

completed, officers with at least half of their active duty service commitment completed, or career airmen who are interested in separating early in exchange for an Air Force Reserve assignment will be 2 p.m. every Wednesday in Room 222 of Building 662. For more information, call Master Sgt. Brian Zinner, 283-8384.

Stress-management class

Family advocacy's three-session stress-management class will be 1-2:30 p.m. Wednesday, Sept. 17 and 24 in Room 127 in Building 1305. For more information, call family advocacy, 283-7511.

Protestant youth group

The Tyndall Chapel's Protestant Youth Group meets 6-8 p.m. Wednesdays in the spiritual fitness center. For more information, call the Chapel 2 office, 283-2925.

Bible study group

Our Lady of the Skies Catholic Community is currently studying a scripture study authored by Dr. Scott Hahn and Jeff Calvin. This 28-week course meets 6:30-8:30 p.m. Wednesdays in various parishioners' homes. For more information, call Roxanne Tabo at Chapel 2, 283-2925.

Marriage workshop

The last meeting of the five-session "Married and Loving It" workshop will be 11:30 a.m.-1 p.m. Thursday in the family advocacy conference room. For more information, call family advocacy, 283-7511.

NOTES

Estate claims

Brig. Gen. Larry New, 325th Fighter Wing commander, regretfully announces the death of Airman 1st Class Julie A. Maloney, 325th Fighter Wing. Anyone having claims against, or indebtedness to, the estate of Airman Maloney should contact Capt. William David Vernon, summary court officer, 283-4681.

Dehumidifiers for Wood Manor residents

Portable dehumidifiers will be temporarily offered for issue or backorder to Wood Manor residents only through Sept. 13. Funding is limited; the offer is on a first come-first served basis. Residents can sign up for one portable dehumidifier unit at the home improvement center in Building 3304. Additional units will be ordered when current

stocks are depleted and residents will be notified when units are available for occupant pick-up. Dehumidifier units do not become the property of the issued resident. For more information, call the housing office, 283-8141.

Lost and found

The 325th Security Forces Investigation's Lost and Found has jewelry, watches, keys, wallets, pagers, bikes, glasses and automatic teller machine cards in their inventory. Anyone wishing to claim lost property can call security forces, 283-2497, between 7:30 a.m.-4:30 p.m.

RETIREE NEWS

Long-term-care enrollment continues

Initial enrollment for long-term-care insurance has ended, but people can still apply for care, according to Air Force Personnel officials. Those eligible include military retirees and qualified family members, Air Force active-duty, selected Reserve and appropriated fund civilian employees. The insurance does not have an annual open season. The initial open enrollment season was held during 2002 to introduce the program.

The federal program was authorized by Congress in September 2000 to help federal employees, including military, defray the rising costs of long-term care. This can include home care, nursing care or assisted-living facilities for people no longer able to perform normal daily activities because of chronic mental or physical conditions.

More information on the insurance program and how to enroll is available online at: www.ltcfeds.com or by calling (800) 582-3337 or TDD (800) 843-3557. Offices are open 8 a.m.-8 p.m. EDT weekdays and 9 a.m.-5 p.m. Saturdays.

YARD SALES

The following yard sales are scheduled for Saturday between 8 a.m. and 4 p.m.: 3118-B Dagger Drive and 3689 Kislung Loop.

CHAPEL SCHEDULE

The following Catholic services will be held at Chapel 2: Daily Mass, 11:30 a.m. Monday-Friday; Reconciliation, after Saturday Mass or by appointment; Saturday Mass, 5 p.m.; Sunday Mass, 9:30 a.m.; religious education, 11 a.m. Sunday. Protestant services will be as follows: Communion service, 9:30 a.m., Chapel 1; religious education classes, 9:30-10:30 a.m. in Building 1476; general Protestant service, 11 a.m., Chapel 2.

CLASSIFIEDS

Aquarium, 29 gallon with accessories, \$75; Graco stroller, \$15; baby bouncer with net and auto vibrate feature, \$15. Call 286-8642.

Classified ads are run for free for Team Tyndall members and their families on a space-available basis. Ads for the one-time sale of personal property are limited to 25 words or less. For more information, e-mail editor@tyndall.af.mil.

Tasty tidbits to tempt Tyndall tastebuds

STEVE RIDDLE
325th Services Squadron publicist

Those trying to find a gourmet meal need look no farther than the Tyndall Officers' Club, thanks to a new food and beverage manager who also happens to be a chef.

Sean O'Hara, a 39-year-old certified executive chef, recently took over the food and beverage manager position for the Tyndall clubs. According to Chris Saladin, assistant club manager, adding Chef O'Hara to the club staff will have a positive impact on club customers.

"The look, appearance and presentation of the food is what people are going to notice first," Mr. Saladin said.

People will notice the improved taste too. Chef O'Hara said that although the club menu is determined in a large part by the Air Force Core Menu, he still has room to give the meals his personal touch.

"There's a core menu we follow, but there's flexibility designed into that menu too," Chef O'Hara said. "I can add different sauces, that sort of thing. It allows me to soup the menu up a little bit."

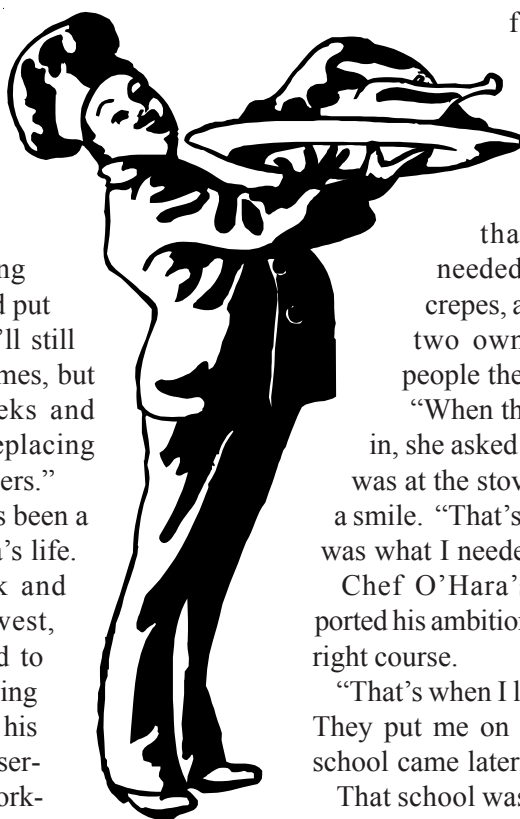
The Tyndall Officers' Club is an all-ranks dining facility, and is known throughout the base for its all-you-can-eat lunch buffets and the daily themes it follows, such as

Italian, Oriental, seafood or American. Chef O'Hara said he has plans for these too.

"As far as lunch goes, plan on seeing more variety of food put out," he said. "We'll still follow the daily themes, but in the coming weeks and months we'll be replacing some items with others."

Variety has always been a part of Chef O'Hara's life. Born in New York and raised in the Midwest, Chef O'Hara moved to Boston after graduating high school. He said his first job in the food service industry was working at an ice cream parlor, but he spent a couple of years working different jobs before he found himself in a restaurant again, this time as a dishwasher for a catering business. It was here that he got his first big break.

"I had been a dishwasher there for a



few weeks," Chef O'Hara recalled.

"It was a small operation, but it did good business." He said

that one day they needed someone to make crepes, and he and one of the two owners were the only people there at the time.

"When the other owner came in, she asked why the dishwasher was at the stove," he recalled with a smile. "That's when I realized that was what I needed to be doing."

Chef O'Hara's supervisors supported his ambitions and put him on the right course.

"That's when I learned I could cook. They put me on the right track, and school came later."

That school was a local community college in Panama City, where O'Hara earned an associate degree in the culinary field. He eventually earned his certification as an executive chef with the American Culinary Federation (ACF), which puts him near the top of the culinary food chain.

"There are different levels of chefs, and executive chef is second from the top," he explained. "A master chef is top, and there are maybe about 50 of those in the country."

Chef O'Hara said he has always been a big fan of food, and credits that with helping him choose his career. He enjoys being a chef, but takes pleasure in competing in culinary contests too. In fact, he has earned medals in several ACF competitions, and learned a thing or two as well.

"In one competition I made this avocado dressing — sauce, and the judge came up and didn't quite know what to make of it," Chef O'Hara recalled laughing. "It tasted good, but that showed me that you have to pay attention to how food looks too."

Chef O'Hara said that and other lessons picked up over the years are helping him at the Tyndall Officers' Club. One thing he sometimes does is add a special blend of seasonings to entrees, sprinkling them over the top to make the food look better.

"It's simple things like that, that don't really take much time but make a big difference," he said. "It's the little things that count."

Fitness experts: Start training now to pass new standards

STAFF SGT. C. TODD LOPEZ
Air Force Print News

WASHINGTON — Air Force fitness experts say airmen must begin preparations now if they want to pass the new fitness evaluations in January.

"They need to start training today for year-round fitness to meet mission readiness. They must include running, push-ups and crunches into their program," said Sylvia Goff, an exercise physiologist at the Bolling Air Force Base, D.C., health and wellness center.

The new Air Force fitness evaluation program, which will replace the cycle ergometry test for most airmen, involves running, push-ups, crunches and a measurement of body composition.

Ms. Goff said the new fitness standard may cause concern for airmen who have not been to the gym for some time, or who may have never gone.

"There are several concerns," Ms. Goff said. "Some are afraid that they will not be able to meet the ... standard because many don't exercise on a regular basis. Others are concerned about injury they may receive from running."

Tammy DeCoux, the program manager for the Air Force Services Agency's fitness and sports office, said

airmen do not need to be concerned about the safety of running — if they do it correctly.

"Running is not an inherently dangerous activity," Ms. DeCoux said. "A running program should be entered into slowly at first, with increasing progression of intensity and duration as conditioning occurs. Mild injuries caused by running are often due to things such as inadequate warm up, cool down or stretching; improper technique; poor running shoes; and over-training."

Shin splints, a common ailment associated with new runners, is an inflammation of the tibia. Symptoms include pain in the front portion of the lower leg. Ms. DeCoux said the injury is caused by overuse and the shock from running on hard surfaces.

"The harder the running surface, the greater the shock," she said.

Treatment includes rest and ice, if needed, Ms. DeCoux said. Prevention involves varying your running surface, proper stretching, proper shoes and conditioning.

Airmen who are completely unfamiliar with physical training and conditioning, or with proper diet and weight-loss techniques, can find help on base. Local health and wellness centers, as well as fitness centers, can play a

key part in helping airmen prepare their bodies for the demands of the new fitness standards, said Ms. DeCoux.

"It is the role of the (health and wellness centers) to develop fitness programs for both individuals and for units," Ms. DeCoux said. "Base fitness centers can provide ... the equipment and guidance needed to carry out those fitness programs. Additionally, we have fitness experts in the centers to help individuals train, one-on-one."

Ms. Goff said wellness centers also offer programs on nutrition, healthy eating, sensible weight loss, tobacco cessation, remedial strength and aerobic training.

For airmen who want to start preparing for the running portion of the fitness evaluation, Ms. Goff recommends combining walking and running.

"Alternate running and walking until you are able to sustain a run," she said. "Some will be able to sustain the run a lot sooner than others. Once you can sustain the run, you want to increase your speed by no more than 10 percent per week."

People who have been sedentary for an extended period of time or those who have health risk factors should obtain a physician's clearance before beginning an exercise program of any kind, she said.



Funshine NEWS

September 5, 2003

325th Services Website: www.325thservices.com

All Ranks Lunch at the Officers' Club

Mon.-Thurs.: \$6.95 ■ Friday: \$7.95
11 a.m.-1 p.m.

Unlimited access to the daily buffet, salad bar,
fountain soda, tea & coffee!

Includes Fresh, Hot, Carved Meat
Sandwiches on Kaiser Roll

Monday	Chef's Choice
Tuesday	Italian
Wednesday	Oriental
Thursday	All American
Friday	Seafood

*Members, show your club card to receive a \$1 discount!

On Base Food Delivery

- **Lunch Menu:** Mon.-Fri. 11 a.m.-1 p.m.
Limited to office deliveries (i.e. squadron addresses)
- **Evening Menu:** Fri. & Sat. 5:30-9 p.m.

Subs & Pizzas
286-2900

All Member Services

are provided at the Officers' Club
Business Office
9 a.m.-3 p.m., Mon. - Fri.

- Membership Inquiries
- Account Maintenance
- Club Card Payments
- Birthday Voucher
- Catering Arrangements
- Transfers
- Sign-ups
- Check Cashing

Members
Forst



283-4357 UNITED STATES AIR FORCE
CLUBS

Represent Tyndall at AETC Bowling Championships in December

Bowl 3 of 4 Qualifier Tournaments

Top scorers for First Qualifier:

Men: Michael Yates (325 MXS), Gary Hite (1 AMU),
Michael Smith (NCOA), and Kelly Baumgardner
(325 AMXS).

Women: Rebecca Moran (325 Med Gp) and
Tiffany Todd (SEADS).

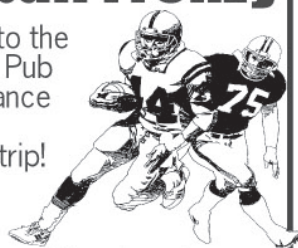
Qualifier number two will be held on
Sept. 21 at Raptor Lanes.

During the Aug. 30 tourney
Jerry Peoples won 1st place Handicap Division
Troy Brown won 1st place in the Scratch Division

283-2380

Football Frenzy

Each visit to the
CAC Pizza Pub
is your chance
to win a
pro game trip!



Enjoy a large, 1 topping pizza
and a pitcher of Miller Lite
for \$8.50 every Sunday.



Sponsored in part by:



No federal endorsement of sponsors intended.

283-2814

All Ranks Members Only at the Enlisted Club

Medieval Banquet

October 4, 6 p.m. ■ Feast & Beverages ■ Live Demonstrations
\$19.95 per person ■ Costume Contest ■ Door Prizes

Tickets may be purchased at the O' Club cashier's cage beginning
September 2. For your convenience, you may phone in your reservation
and bill the cost to your club card:



Sponsored in part by:
Tyndall Federal Credit Union
No federal endorsement of
sponsor intended.

283-4357

Tyndall's 3rd Annual Car, Truck and Motorcycle Show

Sunday, October 5, 8 a.m. 4 p.m.

In the Bayview Housing Highway 98 Area

Open to the Public Free

Bring your own lawn chairs!

Beverages and food will be sold

No coolers allowed

Events Include: K9 Dogs, DJ,
Bouncing Castle, DARE Program
Services Display and Information Tables
Craft booths available \$10 per table.
Must pre-register to have a reserved spot.
Holiday crafts will also be on sale.

283-4511

Fitness Center

☎ 283-2631

Saturday Hours Change

8 a.m.-4 p.m. effective Sept. 6

Squadron Paintball Challenge!

Who's the best?
Come out Saturday and challenge
other squadrons to win a
Free Pontoon boat rental
(gas not included)

283-3199

Community Activity Center

☎ 283-2495

Pig Skin Picks

Week #1 Entry forms must be back in
by 5 p.m. Sept. 5. Forms are available
at the CAC & Sports Page Pizza Pub.
Prizes will be awarded.

Coffee Shop Reopening

Sept. 9, 7-11 a.m. Numerous flavors of
coffee beans sold by the pound.

Youth Center

☎ 283-4366

Punt, Pass & Kick

Sept. 19, at 4 p.m. Open to youth ages 8-
15. Free competition. Practice on Sept. 5
& 12 for those who have signed up.

Start Smart Golf

Sept. 6, 20, 27 and Oct. 4 at 9 a.m. Cost
is \$30. Work one-on-one with your child (4-
8 yrs. old) learning golf basics.

Archery

Sept. 20, 27, Oct. 4, and 11 at 11 a.m.
Cost is \$30. Sign up for Kids on Target
Archery basics. Open to ages 8 and up.

Tyndall AF Clubs presents:

Travel the World

A membership recruitment
& recognition program
designed to "take you away".

August 18 - October 31

More than 140 people Air Force wide will win travel related prizes valued
from \$500 to \$5,000 just for signing up. The drive is open to all eligible
non-members. (active duty, reserve, DoD civilians and retirees)

A set of prizes will also be offered to current
club members, who are automatically entered to win.

Membership applications are available at the club and at Services
Marketing in building 1311.



End of Summer Celebration!

Sept. 27, 3-10 p.m.

Base Pool Area • Free for the entire Tyndall Community
■ Live band • DJ • Bouncy Castle • Free Swimming
■ 3 on 3 Sand Volleyball Tourney \$300 prize

(\$15 entry fee per team. Participants must be: TAFB Active duty,
Retiree, DoD Civilian, Contract, or Family Members)

Additional activities are still being planned, tentatively they include: a rock climbing wall and a
clown or face painter. Come out and enjoy games and activities for all ages.

Sponsored in part by Tyndall Federal Credit Union. No federal endorsement of sponsor intended.



Steve Riddle

Beach run

NCO Academy students Tech. Sgts. Kenneth Meagher, left, and Maurice Maloney, right, lead a group of runners who participated in the Tyndall Fitness Center's most recent beach run Aug. 28. More than 40 runners turned out for the 6 a.m. run, which began on Tyndall Beach at the end of the boardwalk. According to Martin Littlefield, Tyndall Fitness Center assistant athletic director, the intent of the beach run is to add a little variety to people's training regimen. Mr. Littlefield said because of the apparent interest, more beach runs would be scheduled in the near future.

Football Frenzy invades Pizza Pub Sports Page

STEVE RIDDLE
325th Services Squadron publicist

September means the start of professional football season, and this year the Pizza Pub Sports Page will have all the NFL games and a contest that gives Air Force Club members a chance to win a trip to the Super Bowl.

"We're having our Football Frenzy program again this year," said Susan Pummill, manager of the Pizza Pub Sports

Page. "The prizes include trips to the Houston – Tampa Bay game in Tampa, and trips to the Super Bowl and to the Pro Bowl."

Ms. Pummill said there will be other giveaways on Sundays during the season, including ball caps, T-shirts, CD cases and other prizes. "Everyone has to be a club member to enter the contest," she said.

But people don't have to be a club member to come to the Pizza Pub and enjoy the games, she quickly added. With a multi-channel satellite TV system, fans of

every team will be able to watch the games they want.

"We'll have five different games going on at the same time," she explained. "We have six televisions in here (Pizza Pub), and four in the snack bar." The snack bar is located in the same building as the Pizza Pub.

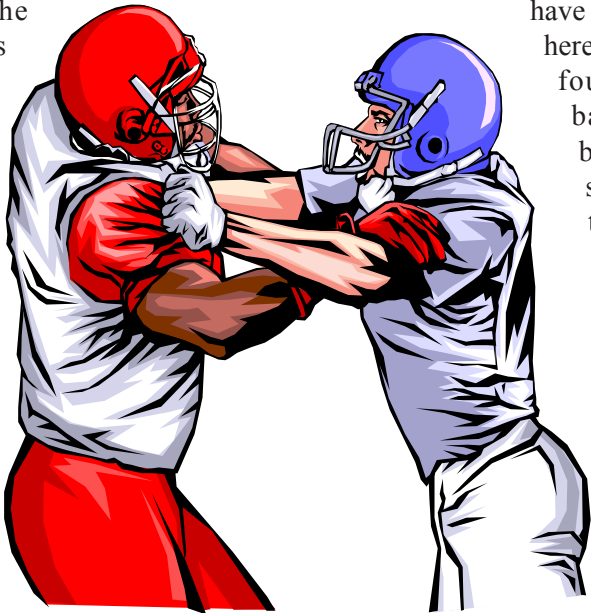
The big screen television will show whatever game is most requested by customers, Ms. Pummill said. The patrons will vote on which of the next week's games will be shown on the big screen.

"Enter each week for the game of your preference to be shown," she stated.

Ms. Pummill said last year's event was a success, and she expects this season to be even better.

"Last year it went well, but I'm really excited this year because we're offering our customers even more specials."

The Pizza Pub Sports Page will be open at 11 am on Sunday's throughout the regular NFL season. For more information, contact the Pizza Pub at 283-3222.



Team Tyndall Pride



Take pride in Team Tyndall and its beauty. Pick up trash if you see it or do a self-help project — we all reap the benefits of a clean environment.

